



Loneliness and isolation can be devastating for anyone, perhaps even more so if you're a senior. Helping people in their golden years lead active, engaged and connected lives is key to keeping them healthy and happy.



Launching **400CLUB**... a joyful place to make new friends. Because growing older shouldn't be scary!

Join us at an Open House on Wednesday, June 19th, 11 a.m. to 3 p.m. at 400 Olive Street, North Bay.

Come out to explore the CLUB, meet the staff and members and find out what all the excitement is about. We promise a warm welcome and plenty of fun, including door prizes and giveaways! Live music! Snacks – including member-baked cookies! Demonstrations! Plus, Rogers Media radio will be on location live.

400CLUB is a special safe space designed for community members with mobility or memory issues. "Social interaction, along with

engaging activities, in a safe and caring environment enhances the lives of seniors tremendously. The CLUB also provides much-needed respite to loved ones and caregivers." explains Lillian Cozac, Leader, **400CLUB**.

Hosted by caring professionals and volunteers, the **400CLUB** helps fight isolation and loneliness with fun and friendship!

Mandy Gilchrist, Manager, explains "Built on our former adult day program, **400CLUB** is more engaging, sophisticated and energetic. No matter what abilities or interests members have, they'll find something here to capture their imagination."

400CLUB is part of Cassellholme's long-range vision to become a vital community hub for good health and happy outcomes.

400CLUB is open to members Monday to Friday, 8:30 a.m. – 4:30 p.m. Some folks spend the day; others drop in for a few hours of conversation and a meal, or to get special services like foot care or a new hairdo!

To become a member, Individuals must be 18 or older, need assistance with mobility or other activities of daily living and have a referral from the LHIN [Local Health Integration Network] who can be reached at 705-476-2220.

Join the CLUB... keeping minds, bodies and spirits active!

OPEN HOUSE
WEDNESDAY, JUNE 19
11 A.M. – 3 P.M.
400 OLIVE STREET
NORTH BAY